

Weigh of Life...Taking Action Together

Steps to Healthy Weight in Children

1. Assess weight status:

- ✓ **Plot** weight-for-height, along with weight-for-age and height-for-age
- ✓ Beginning at age two, **track** BMI-for-age
- ✓ **Talk** with parents about weight and BMI

2. Join WIC in giving the following messages: These messages are adapted from AAP *Guidelines for Health Supervision III*, the DHHS *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, and the USDA/DHHS *Dietary Guidelines for Americans 2005*.

- ✓ **Promote good nutrition and feeding patterns early in life**

Newborn to 1 year old

- Breastfeed
- Delay introduction of solid foods until 4-6 months of age
- Feed all solid foods by spoon
- Begin to introduce cup at 6 months of age
- Delay introduction of juice until after 6 months of age and limit juice to 2-4 ounces per day
- Begin weaning from the bottle at 6 months of age and eliminate all bottles by 14 months of age

1-2 year old

- Decrease milk to 16-24 ounces per day
- Limit juice to 4 ounces per day
- Eliminate all bottles by 14 months of age
- Encourage water daily
- Limit junk foods, soda, nectar juices, Malta, and fruit/juice drinks
- Offer child-size food portions
- Offer fruits, vegetables and whole grains daily

2-5 year old

- Offer 16 ounces of skim or 1% low-fat milk per day
- Limit juice to 4 ounces per day
- Encourage water daily
- Limit junk foods, soda, nectar juices, Malta, and fruit/juice drinks
- Offer child-size food portions
- Offer fruits, vegetables and whole grains daily

- ✓ **Encourage parents to be good role models** by eating well and being physically active with their children at least 1 hour everyday
- ✓ **Discourage screen time** for children younger than 2 years, and limit to no more than 1 or 2 hours per day for children over the age of 2. **Encourage more interactive activities** that will promote proper brain development, such as talking, playing, singing, and reading together
- ✓ **Establish regular family meal and snack times**

3. Recommend WIC for personalized counseling on feeding young children.